

BODY TALK WORKSHOP: Body Language - How to Understand and Use What We Already Know

This workshop will focus on teaching students how to use mime and movement techniques to develop physical characters and to use and understand the gesture as a component of communication. I draw from the teachings of The Delsarte System of Expression, Tony Montanaro, and Jacques Lecoq. Some of the elements of the workshop are as follows.

Warm-Up. Stretching, loosening, and warming the body at the start of class. Getting students to become comfortable with movement, and expanding their movement vocabulary. Exercises from dance, mime, yoga, and acrobatics are employed.

Isolations/Separations. The basis of Mime Technique, and all movement, lies in the ability to move and control the various parts of the body independently of one another.

Undulations. Movement that begins in one part of the body and travels through consecutive parts to the opposite end. (i.e. head to toes; fingertip to fingertip)

Illusionary Technique and Graphic Mime. Using the body to describe the physical world.

Delsarte System. Body language and how to read and use it.

Movement Vocabulary. Learning to expand one's movement vocabulary through exploration of movement found in nature.

Time and Timing. Use of varying rhythms to find and show attitudes and emotions. Also, exploring the great secret of comedy – timing.

Improvisation. Many of the movement exercises are improvisational in nature. We will make use of additional theater games and improvisation exercises in exploring characters and their development.

Cooperation. Teaching students to work in group situations to find creative solutions to tasks.

Research. Building a foundation for further creativity.